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12/18/23 • BIG FOOD › NEWS

'Unlabeled and Unregulated': Synthetic Milk Protein with 92 Unknown Compounds Used by More Than a Dozen Food Brands

Testing by the Health Research Institute found 92 unknown compounds in Bored Cow's synthetic milk — produced from a "form of genetic engineering" — in addition to significant nutrient deficiencies. Over a dozen companies use similar formulations in products like cream cheese, smoothies and ice cream.

By **Suzanne Burdick, Ph.D.**

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Recent testing revealed 92 unknown molecules — and a fungicide — in "synthetic" milk now sold in common grocery chains, according to the Health Research Institute (HRI).

The product, sold by Bored Cow, uses a fake whey protein called "ProFerm" made by biotech company and partner Perfect Day. Perfect Day uses genetically modified "microflora" to produce the synthetic milk protein.

According to Bored Cow, their product is a new kind of "animal-free" milk alternative "made with real milk protein from fermentation."

HRI, a nonprofit independent lab based in Fairfield, Iowa, examined multiple samples of Bored Cow's "original" flavor milk using mass spectrometry to test the claim that the synthetic protein it contained was the same as real milk protein.

Synthetic milk has never before been consumed by humans and has not undergone safety testing by the U.S. Food and Drug Administration (FDA), according to HRI's Chief Scientist and CEO John Fagan, Ph.D.

The testing results have yet to be published, but Fagan shared a few highlights with The Defender, including that the synthetic milk lacked many important micronutrients found in natural milk such as an omega-3 fatty acid, vitamin E and some B vitamins.

It also contained a host of compounds that could be harmful to human health, Fagan said.

This news comes as Italy last month banned the sale of synthetically-produced meat, making it the first country to ban synthetic food, according to the Organic Consumers Association.

Fagan — a molecular biologist and former cancer researcher at the National Institutes of Health — has been a worldwide pioneer in testing genetically modified organisms (GMOs).

Commenting on his lab's findings, he told The Defender, "The 92 unknown molecules we found have never been studied by scientists. So we don't know whether they're safe or dangerous, whether they are nutrients or toxics."

Only eight compounds were identifiable. The rest were "uncharacterized" by scientific literature. Fagain explained:

> "In any natural material, you're going to probably find a majority of compounds that science has not studied.
>
> "Human beings have this arrogant idea that they know everything, but in fact, we know just a little fragment of what there is to know about the living world …
>
> "[For example, a sample of] wheat will have many compounds that are unknown to science. But the difference is that you and I — our ancestors going back 4,000 years — have been eating wheat. And so we know from traditional use that whatever's in wheat, it's safe for us to eat.
>
> "We can't say that about the synbio milk. It's what is called, in Europe and in Canada, a 'novel food.'"

Such countries require that novel foods be tested for safety before they're put on the market, he added, but not the U.S.

Fagan said he found it concerning that the Bored Cow samples contained a pesticide — a fungicide called Benthiavalicarb-isopropyl.

"I think the reason this fungicide is present is because they added it to the fermentation process to inhibit the growth of fungi that could contaminate the production system," he said, "So the things that we see here are not really good for us, let me put it that way."

HRI compared these results to samples of natural milk from grass-fed cows.

RFK Jr. and Brian Hooker's
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69 important nutrients in natural milk absent in synthetic milk

"There were 69 important nutrients present in natural milk, most of which were completely absent in synbio milk. A few were present in small or trace amounts," Fagan said.

For example, Bored Cow's milk only had a trace of riboflavin, known as vitamin B2, while natural milk has very high levels, he said. Pantothenic acid, known as vitamin B5, was "absolutely absent in the synbio milk."

Similarly, vitamin E was "essentially absent yet present in substantial levels in natural milk," he said.

Additionally, forms of carnitine that are "really important for energy metabolism" were either missing or only present in trace amounts in the synbio product, he said.

The synthetic milk had "only a tiny trace of the important omega-3 fatty acid alpha-linolenic.

Alpha-linolenic acid is "the most abundant omega-3 fatty acid in plants." Natural milk from grass-fed cows typically has "significant levels" of it, Fagan explained.

Fagan added that "a number of other lipids or fats — diglycerides and mono and triglycerides — were undetectable in the synbio milk."

These results contradict Perfect Day's claim that it's product — used by Bored Cow — is "identical to what cows make."

Industry calls it 'precision fermentation' rather than 'genetic engineering'

Bored Cow is one of at least ten companies selling "synthetic" or "synbio" dairy products.

"Synbio" — short for "synthetic biology" — is a method that uses genetic engineering to modify microorganisms like yeast, algae or bacteria to produce novel products, according to the Non-GMO Project.

The Non-GMO Project said, "The biotechnology industry is marketing this method as 'precision fermentation' because it exploits a natural process … but it's actually a form of genetic engineering."

Indeed, Perfect Day avoids describing its production process as involving "GMOs" and, instead, explains on its website "how we teach microflora to create sustainable protein."

Meanwhile, critics — including groups like the nonprofit GMO/Toxin Free USA that consider the product to be GMO — say synbio milk needs to undergo safety testing before the FDA allows it to be sold.

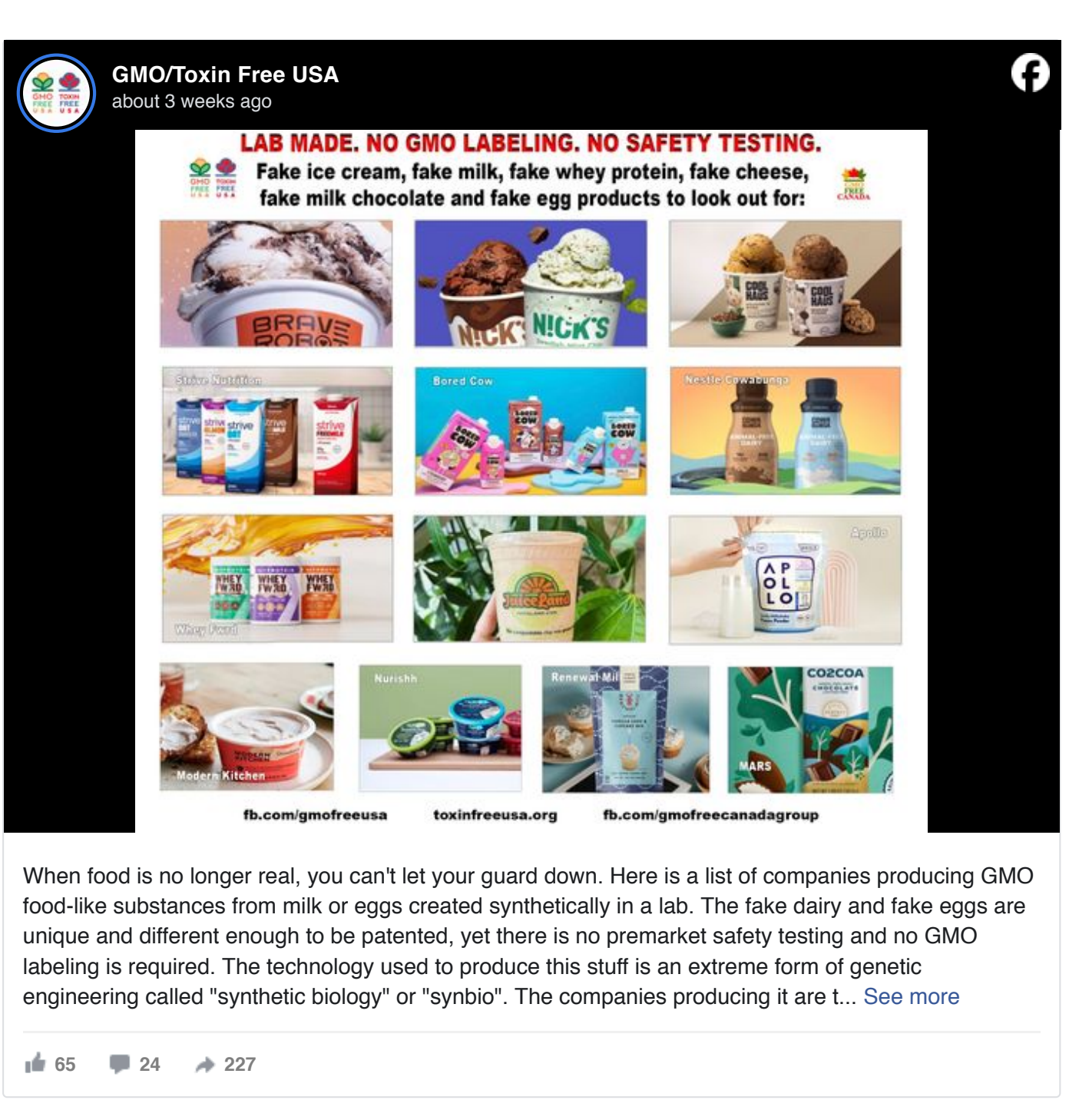
GMO/Toxin Free USA released a list of 12 brands they found to include synbio milk in their products, such as alternative dairy ice cream, milk, whey protein and cream cheese.

In addition to Bored Cow, the brands were Brave Robot, Nick's, Coolhaus, Strive Nutrition, Nestle Cowabunga, Whey FWRD, JuiceLand, Apollo, Modern Kitchen, Nurishh and Mars CO2COA.

The Non-GMO Project named more companies, including The Urgent Company, California Performance Co. and Betterland Foods. Even General Mills now sells products made with synbio milk, according to Bored Cow.

Perfect Day also lists partnerships with Nestlé, Mars, Myprotein, Renewal Mill and Bel Group.

GMO/Toxin Free USA said, "This is yet another corporate attempt to use Americans as their lab rats. NO THANK YOU."



GMO/Toxin Free USA
about 3 weeks ago

LAB MADE. NO GMO LABELING. NO SAFETY TESTING.
Fake ice cream, fake milk, fake whey protein, fake cheese, fake milk chocolate and fake egg products to look out for:
Strive Nutrition
Bored Cow
Nestle Cowabunga
Whey Fwrd
Apollo
Modern Kitchen
Nurishh
Renewal Mill
CO2COA
MARS
fb.com/gmofreeusa
toxinfreeusa.org
fb.com/gmofreecanadagroup

When food is no longer real, you can't let your guard down. Here is a list of companies producing GMO food-like substances from milk or eggs created synthetically in a lab. The fake dairy and fake eggs are unique and different enough to be patented, yet there is no premarket safety testing and no GMO labeling is required. The technology used to produce this stuff is an extreme form of genetic engineering called "synthetic biology" or "synbio". The companies producing it are t... See more

65 24 227

Ken Roseboro, founder and editor of The Organic & Non-GMO Report, agreed, telling The Defender, "Companies are getting billions in venture capital money as they sell synbio dairy products to the public."

Roseboro, who edits the "world's only directory of organic, non-GMO and regenerative suppliers" called "The Organic & Non-GMO Sourcebook," said the products are "not non-GMO."

"The Non-GMO Project prohibits synbio products like this from being verified as non-GMO," he added.

Other startups developing dairy products using GMO fermentation include New Culture (U.S.), Change Foods (U.S. and Australia), Legendary Foods (Germany), Better Dairy (U.K.), Remilk (Israel), Turtle Tree (U.S. and Singapore), Cultivated Biosciences (Switzerland), Changing Bio (China), Phyx44 (India), Reboot Food (U.K.) and Fonterra (New Zealand).

The European Union recently committed 50 million euros to the "precision fermentation" sector.

Does synbio dairy contain GMOs?

Meanwhile, Perfect Day claims ProFerm does not contain GMOs.

Fagan noted that the companies may claim that the GMO DNA is removed during the processing of the fermented proteins, but it is highly unlikely that they could remove all of the GMO DNA. "We are currently doing research to assess this," he said.

Current federal law does not require products that contain ProFerm to be labeled as bioengineered or as containing GMOs. The Non-GMO Project states that synbio products go "unlabeled and unregulated in the marketplace."

Indeed, the FDA on its webpage about GMO regulation says only "certain types of GMOs have a disclosure that lets you know if the food, or ingredients you are eating, is a bioengineered food."

Since no GMO labeling is required for products with synbio milk protein, people may not know they are buying a GMO-based product, said GMO/Toxin Free USA.

For example, the ingredients listed for Bored Cow's "original" flavor are:

> "Water, animal-free whey protein (from fermentation), sunflower oil, sugar, less than 1% of: vitamin A, vitamin B12 (cyanocobalamin), vitamin D2, riboflavin, citrus fiber, salt, dipotassium phosphate, acacia, gellan gum, mixed tocopherols (antioxidant), calcium potassium phosphate citrate, natural flavor."

The label does not specify that the whey protein was produced through genetic engineering of yeast.

'There is nothing precise about the process'

Roseboro called HRI's findings "very concerning" and said synbio milk products should undergo "extensive safety testing."

"These synthetic biology companies are claiming to use 'precision fermentation' but finding 92 unknown compounds shows there is nothing precise about the process to make Perfect Day's protein," he said, adding:

> "It's just ridiculous for them to call the process 'precise.' That's the product of some PR [public relations] firm.
>
> "They say they use 'microflora,' which is a nice term for GMO yeast.
>
> "They are obviously trying to avoid using the term 'GMO' because of negative connotations."

When asked by The Defender if its product was non-GMO, a Perfect Day spokesperson did not directly answer and instead said:

> "Our process, precision fermentation, has been safely used in the food industry for decades to create common ingredients like the microbial rennet in most cheeses, citric acid, amino acids, Vitamin B12, and more."

Additionally, the spokesperson said the FDA on March 25, 2020, sent Perfect Day a "no-questions" letter that classified ProFerm as "Generally Recognized as Safe (GRAS)."

Given that Perfect Day's fermentation process involves using GMOs, it is unclear how the FDA concluded the product could be "generally regarded as safe," Roseboro said.

Perfect Day's spokesperson said the FDA's evaluation for ProFerm's GRAS notification was "very thorough and detailed on safety, nutrition, and quality."

But such an evaluation doesn't count for much, according to the Non-GMO Project, because the U.S. regulatory system around GMOs is "largely performative."

The Non-GMO Project told The Defender:

> "The FDA does not carry out, commission or require mandatory safety testing of GMOs that are entering the human food supply. Certain GMOs are regulated by other government agencies, such as the EPA [Environmental Protection Agency] or APHIS [the U.S. Department of Agriculture's Animal and Plant Health Inspection Service], based on potential environmental impacts."

The FDA only looks at voluntary pre-market research that is designed and conducted by the companies making GMO products.

It's a "clear conflict of interest" that these companies "who stand to profit from GMO commercialization" are the ones doing the research, the Non-GMO Project said.

The bottom line, according to the Non-GMO Project, is that synbio milk "contains unidentified compounds and it has not undergone independent, long-term safety testing."

"It is not identical to natural cow's milk, which has been part of our diet for millennia," the group added.

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by Robert F. Kennedy Jr.
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'Buyer beware'

Roseboro agreed. His advice to parents concerned about their kids' health was, "Buyer beware."

"These products have been put on the market without any safety testing," he said, "The FDA has given them a pass and they should be safety tested."

He added, "The same goes for other synbio-produced products like Brave Robot Ice Cream, Impossible Burger, Motif Foodworks, Remilk and others that claim to use 'precision fermentation' and 'microflora.'"

Is synbio dairy protein vegan?

A marketing point for Perfect Day is that its synbio milk protein is "kinder" to animals and "animal-free."

But whether ProFerm is vegan is a matter of opinion. The Non-GMO Project said the synbio dairy proteins like ProFerm "would not meet a strict vegan's definition of a vegan-friendly protein alternative," adding:

> "Strictly speaking, vegan products don't involve animals or animal products in any part of the development process.
>
> "The creation of synbio dairy proteins is possible because blood drawn from a cow was used to map its genome in 2009.
>
> "That genetic information was then stored in a computer database and used to program the genetically engineered microorganisms."

Product not as 'green' as company claims

Perfect Day claims its process generates "up to 97% less carbon emissions … [and] uses up to 99% less blue water [sourced from freshwater lakes, rivers and aquifers] than traditional milk."

However, Fagan disagreed. He said:

> "The main input for fermentation is sugar — and they're using high fructose corn syrup, which is a GMO product, and a product that is part of an extractive agriculture system that definitely generates much more carbon than it sequesters."

The calculations that Perfect Day publicizes "completely ignore the carbon footprint of the agricultural processes that makes the inputs for fermentation," he said.

"So in fact, although they say they're carbon-neutral or carbon-negative, when you look at the whole picture, they are generating serious amounts of greenhouse gases and wasting water," Fagan added.

Bored Cow did not immediately respond to The Defender's request to comment on HRI's test results.

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Suzanne Burdick, Ph.D.
Suzanne Burdick, Ph.D., is a reporter and researcher for The Defender based in Fairfield, Iowa.

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♡ 1 • Share Best Newest Oldest

BChristine
5 days ago edited
Disgusting. Products like these - I will not call it FOOD - should NEVER be allowed to be brought to market for consumers. The FDA is useless ... they're not looking out for consumers, they're looking out for their BIG Food and Chemical Co partners in crime.
19 0 Reply • Share ›

Wendy Allen → BChristine
5 days ago
Agenda 21 is to lower the population by 80%...fast or slow kill.
11 0 Reply • Share ›

Phillis Stein → Wendy Allen
4 days ago
They refer to it as "soft kill", which I understand is a military term.
1 0 Reply • Share ›

Bella_Fantasia → Phillis Stein
4 days ago
Exactly. 'Full spectrum dominance" and the "kill zone" encompass the entire planet and outer space. Sadly, they're really not kidding.
0 0 Reply • Share ›

johnnyrh → BChristine
5 days ago
I don't have to worry anymore about it being in ice cream because I quit buying and eating it years ago when they started put all those 'gums' in it as well as 'carrageenan' in it.

The ice cream produced today compared to 30 years ago is junk....garbage.
8 0 Reply • Share ›

Jacek R → johnnyrh
4 days ago
Almost ALL FOOD produced today compared to 30 years ago is junk...... garbage.
3 0 Reply • Share ›

Bella_Fantasia → johnnyrh
4 days ago
Up until this year the only ice cream my digestive track could tolerate was HaagenDaz, with pure milk and cream sugar and a natural flavor. Now they've ruined their good name and their ice cream--going full tilt total garbage but retaining the hefty price!
2 0 Reply • Share ›

BChristine → Bella_Fantasia
4 days ago
"Natural Flavors" can contain hundreds of chemicals ... so it's best to stay away from anything labeled as such.
4 0 Reply • Share ›

Bella_Fantasia → BChristine
4 days ago
You are correct, of course. I should have used a better choice of words. I meant something like "vanilla bean" as natural flavor.

Now distributed by Dreyer's Grand ice cream, a recent HaagenDaz label listed coconut oil, soybean oil, corn starch, soy lecithin, cocoa processed with alkali, and pectin. . . . .and all I could think of was WHY?
2 0 Reply • Share ›

Phillis Stein → BChristine
4 days ago
Well mentioned!

Citric Acid is horrific also.
2 0 Reply • Share ›

BChristine → Phillis Stein
4 days ago
Yes, I just recently found out about Citric Acid. It sounds so simple and safe, but it is far from it!
2 0 Reply • Share ›

Truth is True → Bella_Fantasia
4 days ago
Really? They've ruined Häagen-Dazs too? I don't buy ice cream often but that one is my fave. The classic coffee, vanilla strawberry chicolate and mango. Last time I checked, it was dollars a pint in NY! 😱 Is there a ANYTHING they haven't ruined?!
2 0 Reply • Share ›

Bella_Fantasia → Truth is True
4 days ago edited
I'm sorry for both of us! Coffee was my absolute favorite, even at nearly $6 a not-quite-pint (Alaska). Still it was worth the pure Zen fulfillment feeling. . . .

In response to BChristine above, here's the pathetic truth:

"Now distributed by Dreyer's Grand ice cream, a recent HaagenDaz label listed coconut oil, soybean oil, corn starch, soy lecithin, cocoa processed with alkali, and pectin. . . . .and all I could think of was WHY?"

It's become increasingly a struggle finding foods I can tolerate. About 10 foods have been removed from my short list "reliable" menu in the last three months. Not everything is ruined yet, but soon enough I might face actual deprivation, and not just me.

Please enjoy your holiday :)
2 0 Reply • Share ›

brbg → Truth is True
4 days ago
And "pints" are no longer pints anymore.
1 0 Reply • Share ›

Truth is True → brbg
4 days ago
Wow. Come think of it, they do look smaller to me. And candy bars got tiny. Those wankers!!
2 0 Reply • Share ›

Truth is True → BChristine
4 days ago edited
Yes. As RFK JR says, these agencies are fully captured. This corruption will end when he is president. We the People cannot allow this to continue.

KENNEDY IS THE REMEDY!
kennedy24.com
5 0 Reply • Share ›

Tonggie9
5 days ago
Make them sick keep them sick so Big Pharma can profit~ Absolutely despicable what has happened to our food!
13 0 Reply • Share ›

Phillis Stein → Tonggie9
4 days ago
And our air, and our water...........
1 0 Reply • Share ›

holisticpoet
5 days ago edited
It gets more and more difficult to know what you are eating unless you produce your own food, or you get your food from someone you trust. Raise all your own food that you can and get the rest from someone who makes a living raising their own food because they want to know what they are eating. You will be far better off.
12 0 Reply • Share ›

Jacek R → holisticpoet
5 days ago
That's where Farmer's Markets are important. Depending on where you live though, that can present seasonal restrictions.
2 0 Reply • Share ›

BURYWEYMIER48 → Jacek R
5 days ago
Get as much as you can (we live in WI) and can it. It's not hard and then you'll know what you're getting.
2 0 Reply • Share ›

aj54
5 days ago
just because you can consume it, does not make it 'food'

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12 0 Reply • Share ›

Truth is True → aj54
5 days ago

Very good point. We are a nation of consumers and most of it is junk; and then when you present people with the truth, they find it distasteful.

3 0 Reply • Share ›

Phillis Stein → Truth is True
4 days ago

I'd say this is a very large piece of the puzzle (except for Big Pharma products themselves) as to why Americans, who spend by far the most on their health systems (conventional), are getting lower and lower life expectancies - some of the lowest.

1 0 Reply • Share ›

Bella_Fantasia → Phillis Stein
4 days ago

Yes, we've got a sick care non-system. I believe them saying life expectancy just lowered several years over the pandemic; and we're getting shorter, a telling anthropological measure. Personally I'm nearly at the "use by" date already.

1 0 Reply • Share ›

Bella_Fantasia → aj54
4 days ago

You have my vote for the most astute comment!

1 0 Reply • Share ›

Ricky Ricardo
5 days ago edited

You can discuss these topics until the cows come home (pun intended). It won't change anything. Humanity is screwed; and people will probably find out 'how screwed', sometime next year. I haven't been able to get organic celery for my smoothies for about a month now. The writing is on the wall and it's been there for a long time!
BTW: There hasn't been any real ice cream for many years! As far as the fake milk and all of the other fake products go...feed them to billy boy. It couldn't be more obvious that the evil creep couldn't care less about his heath!

8 0 Reply • Share ›

Truth is True → Ricky Ricardo
5 days ago

Creep on steroids.

3 0 Reply • Share ›

Bella_Fantasia → Ricky Ricardo
4 days ago

There aren't enough adjectives for the repulsive, disgusting, perverse billy boy. But these seemingly non-humans do not seem to expect any blow back from their perversions. That points to our salvation, but we can't be hypnotized or paralyzed from making it happen.

2 0 Reply • Share ›

Ricky Ricardo → Bella_Fantasia
3 days ago

I think the most accurate description is: 100% EVIL!

0 0 Reply • Share ›

Phillis Stein → Ricky Ricardo
4 days ago

Oh no, this is where you misunderstand - the self-described "elites" don't eat this food themselves - this is only for the peasants.

1 0 Reply • Share ›

Naga
5 days ago edited

You've got to give it to these a***oles, they keep trying and they are determined to poison you one way or another. What people need to understand is this: The powers that be are not happy unless they can make money off of you your entire life and to do so, you must be in a chronic state of sickness. A pill for every ill. To say it's shameful would be the greatest of understatements. And they are not even satisfied with that. No, they need to surveille you 24/7, know everything you say or do, of course, so that they can stop you from doing anything that they perceive as a threat to them, which is the only reason to know everything that you do. And of course, in slavery days, slaves were property. They want all of us to be their property. I can see it now: You come up with a great idea, it's stolen from you because you're their property. Sickening. Remember: They tag cattle, and also remember the one size fits all program is part of how cattle is treated. smart cities will be a human CAFO, and we've seen these for chickens, cattle, pigs, et al. No wonder they need so many "vaccines". They're paw high in their own feces.

7 0 Reply • Share ›

BURYWEYMIER48 → Naga
5 days ago

Agreed. Do what you can to de-google your phones, computers etc. Make sure you have as much privacy as possible. Get rid of as much technology as you can.

3 0 Reply • Share ›

Naga → BURYWEYMIER48
4 days ago

the problem here is whether you have IOS or android, they constantly update the software with new little gotchas to track you, so the only real way is to write your own software but sadly, most people will not be able to do that. The best way would be to have a custom ROM or a jailbroken iPhone so that you can have a few apps as possible because the goal of them all is to tattle-tail on you to big brother. That's the idea behind them in the first place, and what they don't tell, your so-called "Smart" devices at home will. I do not have any firesticks, google home, alexa et al in my house. My so-called smart TV is not connected to the internet, although these a**holes have a way to get around that one. I've noticed that my Samsung TV occasionally pops up a message that someone wants to connect via blue-tooth and get what? You can't turn it off! I never allow the connection but given the world we know we now live in, we know for sure that there's total disrespect for your privacy and/or rights, so they're probably designed to connect to someone else's internet in order to grab information. I've noticed that, simple music players on phones are now asking to connect to wi-fi that's near. WHY? And now they want to put AI into everything which is the absolute worse idea. You thought the bio-weapon that is covid was bad, just wait until you have bias AI software making decisions. Intel, who makes computer chips is baking AI into their future chips, and you can bet AMD and Apple will follow. They are gong ho to push this down our throats. Generations from now, they want to have generations of people who think that AI is the new God, and of course, AI is really the elites who control the puppet strings of our so called leaders. truly a sad state of affairs It's time for us all to wake up and I mean now.

1 0 Reply • Share ›

BURYWEYMIER48 → Naga
4 days ago

Our tv is old enough that it is not a 'smart' tv and we don't plan to get anything newer. I thought there were some brands of phones that they took the google out of it. . . .(graphine OS phone?) I'm not sure and I don't really know what that is, but it might be worth a try. We don't have any alexa garbage. I agree with you . . . . we need to get rid of as much as possible. I hate technology anyway. I'd be happy to go back to pre-computer days. . . . . I could live without it . . . . I like the convenience of some of it but I could get used to living without is since I haven't had it most of my life. . . . . .if you have any good ideas of keeping privacy, I'm all ears.

0 0 Reply • Share ›

Phillis Stein → BURYWEYMIER48
4 days ago

Especially social media and anything labelled "SMART."

0 0 Reply • Share ›

BURYWEYMIER48 → Phillis Stein
4 days ago

Absolutely!!

0 0 Reply • Share ›

Phillis Stein → Naga
4 days ago

It's all written down in the CREEDS and other agreements they sign in freemasonry etc. They are not actually permitted to ever speak about the documents they sign, nor are they permitted to write them down ever for any reason upon PAIN of DEATH. So, that should give you an indication as to how this is a central part of their plans.

0 0 Reply • Share ›

Laura Hunt
5 days ago

Look at that list of processes and ingredients. One has to ask WHY. What a mix of chemical sickness. You'd have to be stupid to put that stuff in your mouth AND ESPECIALLY feed it to your loved ones. This sort of science experiment / FRANKEN FOODS must be eliminated.

7 0 Reply • Share ›

Lillith
5 days ago

Who would eat this? animal-free whey, synthetic vitamins and gums? and why would I want oil in my ice cream? just disgusting but I bet the younger generations who were not around when ice cream was just 4 ingredients won't know any better. This type of chemistry is yet another perfect tool to keep us down and sick. smh

4 0 Reply • Share ›

Phillis Stein → Lillith
4 days ago

And all of it is designed to HOLD BACK the natural evolution of our species. Think about that one!

0 0 Reply • Share ›

Truth is True → Lillith
5 days ago edited

They don't know any better. but we who do can raise our voices collectively in protest, and I feel certain they will join us.

https://www.facebook.com/re...

0 0 Reply • Share ›

Bella_Fantasia
4 days ago

We've come full circle from Upton Sinclair's Jungle, where the food was seriously adulterated for the incoming immigrants to eat or die trying. White paint was added to some liquid called milk. Meat processing in the stockyards of Chicago was more than a little dicey. The outcry after people read the book was to form the FDA!

Remember Orwell's Winston Smith ate fake meat, and we have adulterated and non-food forced upon us. We're in The Jungle all over again only more sciency.

3 0 Reply • Share ›

Truth is True
5 days ago

Not everyone includes dairy in their diet. But for those who do, the only milk humans should be drinking is RAW cow's milk or goat milk from small local good farms. But of course having healthy people is not part of "their" agenda so they tried to ban raw milk in this country. I still buy full fat raw milk from a small farm and have it delivered weekly. In Europe all the cheese is raw.

3 0 Reply • Share ›

Ektor
4 days ago

I have gone back to regular milk, but not everyday. I cannot trust these "manufactured" products. Eating more meat from local sources.

2 0 Reply • Share ›

LinUK
5 days ago

Strange how vegans and vegetarians crave food that tastes like the real thing and would rather eat stuff that man has concocted in a laboratory than just vegetables and water.
1 Timothy 4:4 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving,

2 0 Reply • Share ›

Truth is True → LinUK
5 days ago

There seem to be a lot of misguided militant vegans along with the gentle aware ones who choose to not eat meat but follow an organic whole foods locally sources diet.

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Phillis Stein → LinUK
4 days ago

You are generalizing - not all vegetarians and vegans are the same, however, I would agree that there are many out there who don't do enough research. I'm vegetarian, but I won't touch anything specifically aimed at my group UNTIL I have researched it very thoroughly. In fact, I avoid all processed foods as much as possible. I would like to see more veggies and vegans do their homework, however.

I have one friend where I'm her boogeyman - she gets on diets and foods that "sound" good, but aren't and then I need to gently come in and persuade her away from them!

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Kathleen Willey → LinUK
4 days ago

I find it strange that animal eaters eat food that don't look like animals. I have never seen a cow that looks like a burger , a chicken that looks like a nugget, a fish that looks like a stick etc.....
And most healthy vegans do not eat the fake processed meats. That is a transition food for people who come to the realization they have been conditioned since birth by powerful for profit meat and dairy industries to make them believe they need to eat helpless animals

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Phillis Stein
4 days ago

Thanks Suzanne - great article.

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